



Left: Airman 1st Class Edmond Dove (left) and Staff Sgt. James Garvin, both from the 8th Communications Squadron, cook out at the squadron picnic. The fire safety office reminds all people operating a grill to use extreme care when lighting the fire. Below: The 8th CS play one another in a game of volleyball.

SPRING

into the season safely

By Staff Sgt. Heather Shelton
8th Fighter Wing Public Affairs

Flowers are blooming, birds are chirping and bees are buzzing. That's right, spring has reached the Wolf Pack!

Sunny days bring outdoor fun, but can also bring trips to the hospital. Therefore, it's important for Wolf Pack warriors to enjoy the weather safely.

According to Tech. Sgt. Jerry Pickard, 8th Medical Group Public Health NCO-in-charge, dehydration is a common ailment at Kunsan during the warmer months.

"As the temperature rises, it's important to remain hydrated," said Pickard. "When temperatures reach 90 degrees Fahrenheit, the average person should drink at least 1-2 quarts of water an hour."

It's also important to take care of your skin. Sunblock can help keep those uncomfortable sunburn days to a minimum.

"Guard against sunburn-many skin specialists warn that habitual sunbathing markedly increases the risk of skin cancer," said Pickard.

Pickard also warns that because of Korea's very hot, humid summer climate, increased skin problems can occur.

"Shower frequently," said Pickard. "Wear loose fitting clothing, change your socks and underwear daily. If you develop jock itch or athlete's foot, see your doctor without wasting time on self-treatment."

Squadron get-togethers and friendly gatherings are prime targets for barbecue mishaps. The fire safety office reminds all people operating a grill to use extreme care when lighting the fire. According to Tech. Sgt. Brett Galeener, 8th Civil Engineer Squadron, the following guidelines should be followed:

- No cooking within 10 feet of buildings
- No cooking on balconies
- No cooking on or under stairs (interior, exterior)
- No dumping hot coals in dumpsters

-Never put more lighter fluid on a fire once it's been lit

-Ensure unused charcoal does not get wet (possibility of chemical reaction and fire, if coals get wet)

The warmer weather also invites more outdoor action such as running, biking jogging and swimming. However, before heading outside to enjoy the fresh air, Tech. Sgt. Russell Flowers, 8th Medical Group Physical Therapy technician, said it's important to prepare the body for any strenuous activity.

"The most common injuries this season are bruises, sprains and strains," he said. "These are injuries to the soft tissues such as muscles, tendons and ligaments. Stretching these tissues will decrease the chance of injury."

Flowers also said it's very important to stay hydrated no matter what.

"Someone sitting and watching a softball game can get dehydrated," he said. "If you're thirsty, you're already dehydrated."

During spring and summer months, people aren't the only things swarming around outdoors. It's mosquito season and those pesky little bloodsuckers can cause a variety of problems from your basic itchy wound, to malaria. According to Pickard, there isn't a significant threat of malaria at Kunsan. However, it becomes more of a risk a little farther north.

"If you plan to visit the DMZ for the day, it is recommended that you use a DEET based insect repellant on your skin and Permethrin aerosol on your BDU uniform," said Pickard. "DEET and Permethrin, used together, are the single most effective personal protective measure against insect bites and disease transmission"

The warmer weather and longer days encourage outdoor social and athletic participation. Fortunately, Kunsan offers many exciting distractions and plenty of opportunities to enjoy outdoor activities. So don't be afraid to get out there and explore-safely.



Photos by Staff Sgt. Heather Shelton, 8th FW/PA

Senior Airman Jeff Schmidt, 8th Communications Squadron, kicks around a hack-n-sack at the squadron's picnic. The warmer weather and longer days encourage outdoor social and athletic participation. However, be sure to stretch and drink plenty of water so you can enjoy the spring without injury.